


Recovery Resource Center (PRRC) Schedule • DECEMBER 2013

****Information: call 216-391-0264 x7772 • 7000 Euclid Ave., Suite 202, 2nd Floor • Hours: M-F 9a - 3p****

Monday	Tuesday	Wednesday	Thursday	Friday
2 10-11a Ending Self Stigma (CG, Library) 11a-2p CET (CG)	3 10-11a Cognitive Skills [OT Group] (Library) 11a-12p Person to Person (CG, (Library)) 11a-2p Exp. w/ Horses @ Fieldstone(CG)	4 10-11a Health & Wellness (Library) [T] 11a-12p Recovery 101 (Library) [T] 1-3p Individual Recovery Planning (as scheduled, Library)	5 10a-11a Recovery Skills for Addictions [T] (Library) 10-11a CHATS (Group Room) 11a -12p Relationship Skills [T] (Library)	6 10-11a Mind Over Mood: DBT Skills [T] (Library) 11a-12p Pathways to Recovery [T] (Library) 11a-12p Orientation [T]
9 10-11a Ending Self Stigma (CG, Library) 11a-2p CET (CG) **WRAP 12:30p**	10 10-11a Cognitive Skills [OT Group] (Library) 11a-12p Person to Person (CG, (Library)) 11a-2p Exp. w/ Horses @ Fieldstone(CG) **WRAP 12:30p**	11 10-11a Nutrition (Library) 11a-12p Recovery 101 (Library) [T] 1-3p Individual Recovery Planning (as scheduled, Library)	12 10a-11a Recovery Skills for Addictions [T] (Library) 10-11a CHATS (Group Room) 11a -12p Relationship Skills [T] (Library) **WRAP 12:30p**	13 10-11a Mind Over Mood: DBT Skills [T] (Library) 11a-12p Pathways to Recovery [T] (Library) 11a-12p Orientation [T]
16 10-11a Ending Self Stigma (CG, Library) 11a-2p CET (CG) **WRAP 12:30p**	17 10-11a Cognitive Skills [OT Group] (Library) 11a-12p Person to Person (CG, (Library)) 11a-2p Exp. w/ Horses @ Fieldstone(CG) **WRAP 12:30p**	18 10-11a Health & Wellness (Library) [T] 11a-12p Recovery 101 (Library) [T] 1-3p Individual Recovery Planning (as scheduled, Library)	19 10a-11:30a **Imagination Arts** (Library)	20 ***Holiday Party*** Time: 11a-1:30p Location: PRRC Please <u>sign up</u> if you plan on attending!!!
23 10-11a Ending Self Stigma (CG, Library) 11a-2p CET (CG)	24 10-11a Cognitive Skills [OT Group] (Library) 11a-12p Person to Person (CG, (Library))	25 Holiday Center Closed 	26 10a-11a Recovery Skills for Addictions – Holidays Version [T] (Library) 11a -12p Relationship Skills [T] (Library)	27 10-11a Mind Over Mood: DBT Skills [T] (Library) 11a-12p Pathways to Recovery [T] (Library)
30 10-11a Ending Self Stigma (CG, Library) 11a-2p CET (CG)	31 10-11a Cognitive Skills [OT Group] (Library) 11a-12p Person to Person (CG, (Library))	***HOLIDAY PARTY is 12/20/13 11 -1:30p*** <u>Join us for food, fun and good company!</u> WRAP WORKSHOP is December 9, 10, 12, 16 and 17 th from 12:30-4:30p.	Reminder of what symbols mean: CG = Closed group [T] = Group offered by Telehealth!	Please use the Suggestion Box that is located on the wall by the computers – we want to hear your comments & suggestions!!!

**** 4th Quarter – October through December 2013 **** <http://www.cleveland.va.gov/services/PRRC.asp> ******

Recovery Resource Center (PRRC) Workshops & Special Events

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DECEMBER 2013

December – **WRAP WORKSHOP**, December 9, 10, 12, 16, & 17th, 12:30-4:30p

December 20 – **Holiday Party and Community Meeting**, 11-1:30p

December 25 – **Center Closed**, Holiday, Merry Christmas, Happy Chanukah, Happy Kwanzaa!